



Cheesy Herb and Beef Bites

 Gluten Free

READY IN



15 min.

SERVINGS



40

CALORIES



15 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

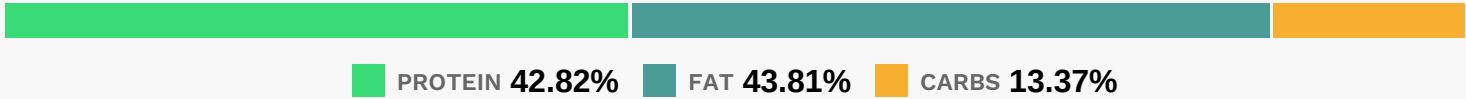
- ☐ 0.3 cup alouette garlic & herbs spreadable cheese (from 4- to 6.5-oz container)
- ☐ 2 cucumber unpeeled cut into 40 slices
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 10 slices pan drippings from roast beef preferably thin (from 6-oz package)

Equipment

Directions

- ☐ Unfold each beef slice so that it is flat.
- ☐ Spread each slice with 1 teaspoon cheese and 1 teaspoon red bell pepper. Carefully roll up.
- ☐ Cut each roll into 4 pieces.
- ☐ Place each beef roll on cucumber slice.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:1.17, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.2426087182501%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 15.36kcal (0.77%), Fat: 0.76g (1.17%), Saturated Fat: 0.36g (2.27%), Carbohydrates: 0.52g (0.17%), Net Carbohydrates: 0.4g (0.15%), Sugar: 0.25g (0.27%), Cholesterol: 5.53mg (1.84%), Sodium: 113.36mg (4.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Vitamin C: 4.82mg (5.84%), Vitamin B3: 0.53mg (2.67%), Calcium: 21.77mg (2.18%), Vitamin B12: 0.12µg (1.98%), Vitamin B6: 0.04mg (1.92%), Zinc: 0.28mg (1.87%), Phosphorus: 16.9mg (1.69%), Potassium: 41.96mg (1.2%), Vitamin K: 1.13µg (1.07%), Iron: 0.18mg (1.02%)